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PAGE 21

Riot cops move in on Kyiv protests

Armed troops raid opposition party office; demonstrators complain of police violence PAGE 7

World of Warcraft terror watchlist

U.S. and U.K. gov'ts apparently believe gamer nerdspeak to be perfect foil for sinister plots PAGE 10

FAREWELL VOYAGE

Canadian Prime Minister Stephen Harper speaks with former prime ministers Brian Mulroney, Kim Campbell and Jean Chretien on board a government plane travelling to South Africa Sunday so Canadian dignitaries could attend a memorial for Nelson Mandela. **For more, see pages 8-9.** ADRIAN WYLD/THE CANADIAN PRESS

Concert thief pleads guilty, gets released

Embezzlement. Fest co-founder convicted of stealing $600K

JOE LOFARO
joe.lofaro@metronews.ca

Sixteen months after Nick Guindon-Vachon fled the country with more than $600,000 from proceeds of the 2012 Escapade Music Festival, his former business partners still don't have an answer as to why he stole the cash.

"It's a question we ask ourselves and (it's) probably the question that will remain unanswered through all this," said festival co-founder Nick Orphanos Monday outside the Ottawa courthouse. "We honestly have no idea."

For Orphanos and DNA Presents colleague Ali Shafaee, Monday came as a huge relief after a judge convicted 28-year-old Guindon-Vachon.

Their former partner was seen leaving the Ottawa Stadium with a large box after the two-day Canada Day bash wrapped up in the early morning hours of July 2, 2012.

"It was a shock," recalled Orphanos. "We didn't exactly know the reasoning behind it, but I felt like I saw a ghost almost when that safe opened and that money was gone."

Police found Guindon-Vachon's rental car in the Montreal's international airport parking lot. Ottawa police placed him on a Canada-wide arrest warrant, but it was police in Aruba who caught him Aug. 6.

Guindon-Vachon pleaded not guilty Monday for a second time, but this time he admitted to the facts from the Crown. The judge credited him for time served in jail, sentenced him to 12 months of probation and ordered him to pay back DNA Presents $300,000, on top of the more than $250,000 police already recovered.

Orphanos said he isn't holding his breath for the funds.

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Travel Industry Council of Ontario

New fare system

OC Transpo OKs planning for high-tech fare scheme

The transit commission gave staff the OK to start the budget and procurement plans for a new $25-million fare system to make hopping between buses and LRT as effortless as possible.

"It's exciting in that it starts to make the Confederation Line very, very real in terms of our operational aspects, as we move from predominantly a bus company to a multi-modal bus-rail service," said OC Transpo's general manager, John Manconi.

With a capacity of 10,700 riders an hour in each direction, and potential to grow to 24,000, staff said the Confederation Line will need more efficient fare handling.

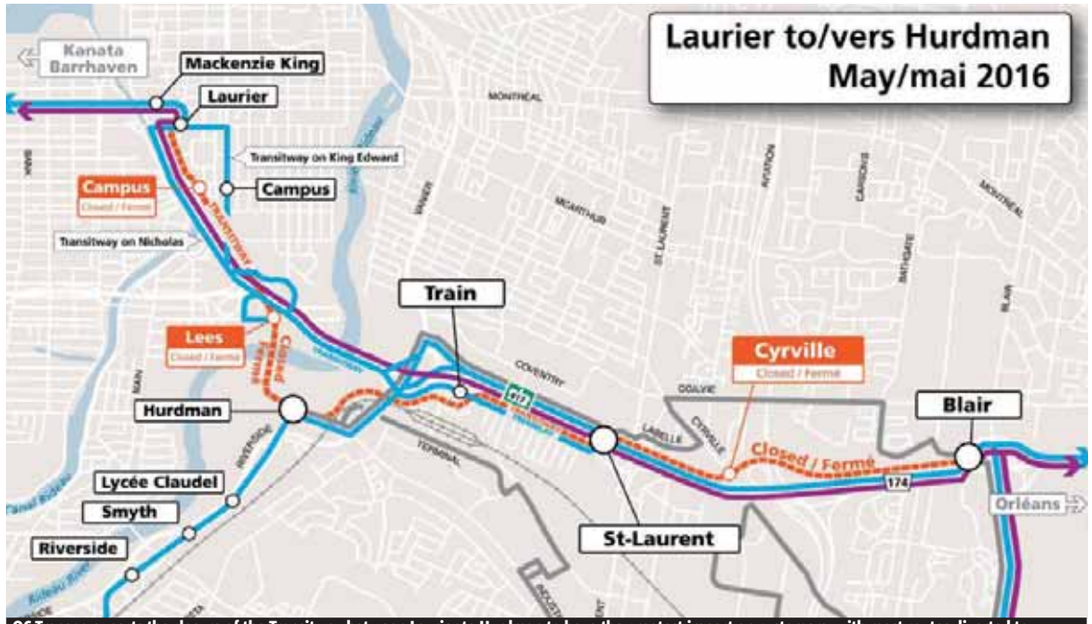
Presto cards are to be the main way to pay, but vending machines in stations would also handle cash, single-ride tickets, credit and debit. Fare paid zones at stations will mean less tapping and transfer-flashing for riders.

OC Transpo doesn't plan to have staff assigned at stations to help customers navigate the new system. Instead, "customer help points" would provide audio-video links to an OC Transpo call centre, where staff could answer questions, give directions, or remotely open a stubborn turnstile.

Manconi said all this technology won't drain OC Transpo of its human touch — or shrink its payroll.

"Our service centres will remain open — our focus is on customer service," he said."

STEVE COLLINS/FOR METRO



OC Transpo expects the closure of the Transitway between Laurier to Hurdman to have the greatest impact on customers, with most routes diverted to Nicholas and some onto King Edward. CONTRIBUTED

The wheels on the bus go ... nowhere fast

Disruptions. No relief either for Scott Street residents upset about impending bus traffic deluge

STEVE COLLINS
ottawa@metronews.ca

It's going to get worse before it gets better.

OC Transpo riders will have to get used to detours, longer travel times and changed connections as the central Transitway shuts down in stages between 2015 and 2018 during light rail construction, the transit commission heard Monday.

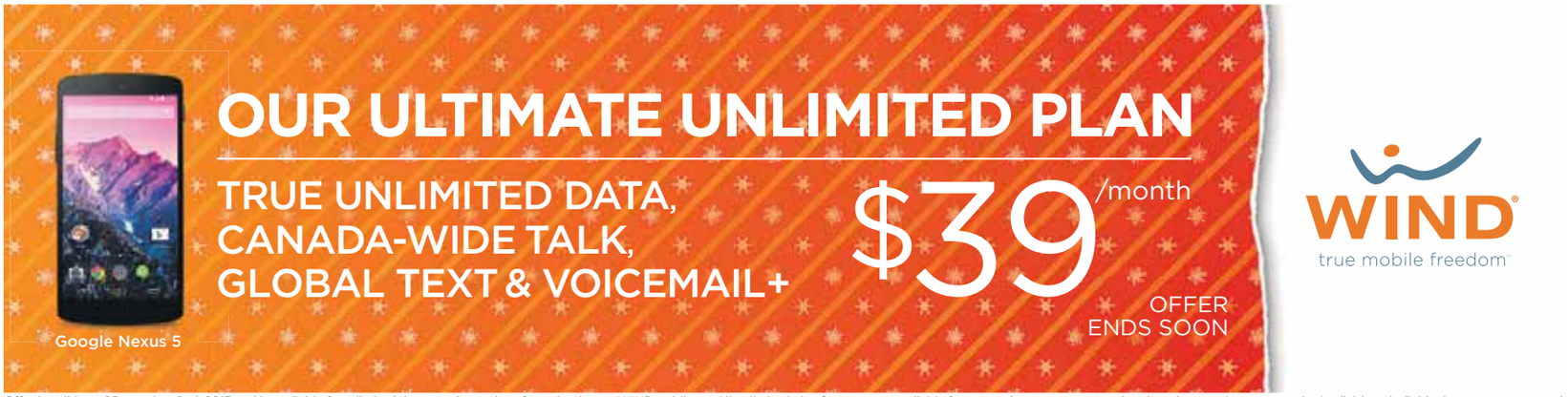
Council has set aside $74 million for the extra vehicles, drivers, maintenance and fuel it will take to maintain service as buses are routed off the Transitway and onto parallel streets and the Queensway.

OC Transpo has 22 extra buses, but will need to buy more in 2014 (either 78 40-footers, 52 articulated or 39 double-deckers will be needed, and Transpo recommends buying higher-capacity buses). The purchases will speed up fleet renewal, allowing older buses to be taken off the road faster after the Confederation Line opens.

The first of the Confederation Line changes, this year's Transitway realignment at Laurier station, has added one to two minutes to travel times without changing routes or connections, according to OC Transpo. Next year, Highway 417 will be widened to accommodate increased bus traffic before sections of the Transitway start going offline in 2015.

Many west-end residents oppose diverting Transitway traffic onto an already busy Scott Street, but apart from minor tweaks, commission chair Diane Deans said that's a done deal decided by council last year.

"I certainly appreciate their concern and I understand their concern but the transit commission does not have the authority to revisit and change a decision that was taken by council," she said.



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Murder. Bail hearing starts for military man accused of killing wife

A Canadian Forces warrant officer accused of first-degree murder in the death of his wife, Melissa Richmond, appeared in court Monday for a three-day bail hearing.

Howard Richmond, 50, was arrested Aug. 2 after his wife's body was found five days earlier in a ravine behind an Ottawa South restaurant. On July 24, Richmond filed a missing-person report and hundreds of concerned friends and family members had banded together to help find her.

Evidence presented at the bail hearing proceeding is shielded by a publication ban.

Richmond, wearing a blue dress shirt, was observing the proceeding from the prisoner's box.

A member of the Canadian Forces was present in court and was taking notes. Family members of Richmond and his wife were also observing the proceedings.

JOE LOFARO/METRO

Canadian Forces warrant officer Howard Richmond, left, accused of murder in the death of his wife Melissa Richmond, right, had a bail hearing Monday. FACEBOOK.COM

Police on the hunt

The Grinch who stole Christmas

Killaloe OPP are looking for a break-and-enter crook who stole Christmas presents, jewelry, a coin collection, as well as various other items from a home on Highway 60. If anyone has information contact 1-800-222-8477. METRO

Spanish treats

Cooking contest

A Community Service Centre announced Spanish Ambassador to Canada Carlos Gómez-Múgica Sanz will be the honorary president of the "Espoirs culinaire de la région de la capitale nationale" culinary competition. It will be held next spring in Ottawa. METRO

Neonatal transport team to receive $3.1M

MPP John Fraser, middle, poses with Jordanna and David Walters and their eight-week old son Leo who was born "blue" and rescued at CHEO.

DENIS ARMSTRONG/FOR METRO

Catchment area now 'size of Sweden.' A team will be available around the clock to transport severely ill babies to CHEO

DENIS ARMSTRONG
ottawa@metronews.ca

Ottawa South MP John Fraser knows how parents feel when their newborn is ill.

Fraser was speaking on behalf of the Ontario Ministry of Health and Long-Term Care, which announced it will contribute $3.1 million of funding over the next two years so that the Children's Hospital of Eastern Ontario (CHEO) can afford to have its own fully dedicated neonatal transport team.

Then, off the cuff, the Liberal MP recalled how much time his daughter Kirsten, now 35, spent at CHEO while critically ill with pneumonia in her first year.

"We were lucky because we lived close to CHEO. Moms and critically ill newborn babies all across Eastern Ontario will now get the best emergency care then need faster."

Until now, the children's hospital had to scramble to assemble an emergency transportation crew every time a remote neonatal emergency call came in.

Monday's announcement means that the hospital will have staff ready to transport sick babies 24/7.

Teams of registered nurses, respiratory therapists, advance practice nurses and neonatologists will be available around the clock to transport severely ill babies to CHEO from a region of almost 440,000 square kilometres — as far away as Moose Factory, Ont. — and treat 20 per cent more sick babies than it did last year.

"We can now cover a huge catchment area, one the size of Sweden," said CHEO CEO Alex Munter.

"CHEO's care changes young lives in our region and beyond. Nowhere is that more evident than on the ambulances and helicopters that carry our teams of dedicated professionals who give these infants the best possible start in life."

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Think Before You Share.
MediaSmarts offers teen users the rules of the web

Christmas may be a time for sharing, but MediaSmarts, Canada's Centre for Digital and Media Literacy, recommends teens not share too much personal information online in their new social media guide, Think Before You Share.

Available online, this tip sheet offers Facebook and social-media consumers sound advice on what not to do, including: sharing posts when you are in an emotional state, sharing passwords, distributing intimate photos and private emails from other people without their permission, and what to do if things go horribly wrong.

Another important thing to remember when socializing online is that photos last forever, and could be seen by the wrong people, including those who intend to harm you. If someone is pressuring you to share something of yours and you're not comfortable sharing, don't.

"Teens can be impetuous and engage in inappropriate behaviour without realizing it," explained MediaSmarts executive director Cathy Wing. "We want them to think before they share personal information online. We have to teach kids ethics again because they're getting into trouble needlessly online. Social media poses a whole new set of moral challenges. This is the beginning."

The tip sheet is available at MediaSmarts.ca.

DENIS ARMSTRONG/METRO

MediaSmarts has released a list of recommendations to help teens keep their personal details private. METRO FILE

Huronia

Premier apologizes for 'painful chapter'

Ontario failed to protect some of its most vulnerable residents from neglect, abuse and exploitation at a provincial facility for the developmentally disabled, Premier Kathleen Wynne said in the legislature Monday, addressing what she called a "painful chapter" in the province's history.

It was a moment long awaited by the hundreds of former residents of the now-shuttered Huronia Regional Centre in Orillia, Ont.

The apology is part of a $35-million settlement that was approved last week in a class-action suit against the province over the treatment at Huronia.

THE CANADIAN PRESS

High schools work to prevent youth suicide

Joint pilot project.
Community Suicide Prevention Network will train students and teachers to identify risk

JOE LOFARO
joe.lofaro@metronews.ca

Two Ottawa high schools will be the first in the region to be a part of a pilot project aimed at eliminating youth suicide and helping parents navigate the system to get help for their kids.

Announced Friday, the Community Suicide Prevention Network will launch a three-year "gatekeeper" training program for students and teachers at West Carleton Secondary School and Glebe Collegiate Institute.

With a $183,000 grant from The Trillium Foundation to get the project started, the program will focus primarily on early identification of people at risk of suicide and directing families to services like the Youth Services Bureau (YSB) and CHEO.

The prevention network was formed in 2010 after 14-year-old Daron Richardson took her own life after struggling with mental-health problems. Her parents mounted a public campaign to encourage parents to talk to their kids about suicide prevention and the network formed.

The following year, 15-year-old Jamie Hubley, son of Ottawa city councilor Allan Hubley, committed suicide after suffering from bouts of depression and bullying at his high school.

A screen grab shows the Youth Services Bureau website, one of a number of partners with the Community Suicide Prevention Network, which will launch a three-year "gatekeeper" training program for students and teachers at West Carleton Secondary School and Glebe Collegiate Institute. CONTRIBUTED

2nd-largest Canadian youth killer

"Both the Richardsons and the Hubleys went public in order to help make the system better to alert other parents on youth that are suffering; particularly suffering in silence." The Royal president and CEO George Weber

"Every suicide is a tragedy," said The Royal president and CEO George Weber Monday in an interview. "Both the Richardsons and the Hubleys went public in order to help make the system better to alert other parents of youth that are suffering; particularly suffering in silence."

Weber, who is also co-chair of the network, said suicide is the second-largest killer of Canadian youth after road accidents.

He says the program is a collaboration between YSB, Ottawa Public Health and Ottawa police. One of the goals is to reduce youth suicide in Ottawa by 20 per cent by 2020.

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Ukrainian chairman of the opposition party Udar, Vitali Klitschko, walks through police in riot gear, as he tries to stop possible clashes between police and pro-European Union activists in Kyiv, Ukraine, on Monday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Police move in on Kyiv protests

Tensions mounting. Opposition says its offices were raided; police deployed near protesters

Heavily armed riot troops broke into the offices of a top Ukrainian opposition party office in Kyiv and seized its servers Monday, the party said, as anti-government protests crippled the capital for yet another day.

Elsewhere police dismantled or blocked off several small protest tent camps near key national government buildings in the city.

Tensions also rose as a double cordon of helmeted, shield-holding police deployed in the street near Kyiv's city administration building, which demonstrators had occupied and turned into a makeshift command post and dormitory.

The moves came a day after hundreds of thousands of demonstrators crammed into Kyiv, the biggest in three weeks of protests that started when Ukraine's president backed away from signing a long-awaited pact to deepen ties with the European Union.

Protesters are angered not only by the thwarting of their desire to become closer to the West and spin out of Russia's orbit, but by police violence against the demonstrators. Club-swinging police have twice broken up protest rallies.

Ostap Semerak, a member of the Fatherland Party, said that troops broke into the party's offices on Monday evening, some climbing in through its windows.

"They are storming us. The images are insane," he said by telephone.

The troops left after confiscating some computer equipment, he said.

Party member Marina Soroka also said the troops surrounded and blockaded several opposition-minded Ukrainian media outlets, making their and other media websites inaccessible. THE ASSOCIATED PRESS

G20 protests

Cop gets 45 days for assaulting protester

A Toronto police officer convicted of assaulting a protester during the G20 summit was sentenced Monday to 45 days in jail.

Const. Babak Andalib-Goortani was convicted in September of assault with a weapon for using excessive force during the arrest of protester Adam Nobody on June 26, 2010, on the lawn of the Ontario legislature.

THE CANADIAN PRESS

Border battle. Canada submits North Pole claim

Canada says it will try to extend its territorial claims in the Arctic to include the North Pole, although it hasn't yet fully mapped the area, doesn't have the scientific evidence to back the claim and faces major diplomatic hurdles.

A formal scientific submission was made to the United Nations Commission on the Limits of the Continental Shelf last week covering 1.2 million square kilometres of territorial claims in the Atlantic, but the government says the material submitted for the Arctic Ocean is only preliminary.

Despite saying two years ago that data collection was complete, the federal government plans to send its scientists back into the field for more work mapping the Lomonosov Ridge, a giant undersea mountain range, which Ottawa says could secure the North Pole for Canada.

Arctic experts say that other countries can also argue that the range extends from their shores. THE CANADIAN PRESS

MP files complaint against senator's 'misogynistic attack'

A New Democrat MP has formally lodged a complaint against a Conservative senator for what she describes as a condescending, "misogynistic," personal attack against her.

Charmaine Borg has asked the Speaker of the House of Commons to rule that her ability to do her job as an MP was impeded by a letter sent to her last week from Sen. Jean-Guy Dagenais.

In the letter, which was copied to all MPs, senators and their staff, Dagenais characterized Borg as a whiny, ignorant, useless Quebec MP who was elected by fluke and stands little chance of being re-elected.

Dagenais' letter was sent in response to a flyer Borg sent out in her riding advocating the NDP's long-held belief that the Senate should be abolished.

Borg says she was particularly insulted by Dagenais' suggestion that she should get some books from the parliamentary library to inform herself about the Senate before criticizing the institution.

NDP MP Charmaine Borg
SEAN KILPATRICK/THE CANADIAN PRESS

Borg, who is 23 years old, says that's the kind of "old-school mentality" that discourages young women from entering politics.

"The overall tone of this letter suggests that I am simply a little girl who does not take her work seriously," Borg told the Commons on Monday.

Outside the chamber, Borg called the tone "very misogynistic," and added: "I think if I was an old white man, he wouldn't have attacked me."

The Speaker did not rule immediately on Borg's question of privilege.

In an interview last week, Dagenais said his letter is part of a campaign by some Conservative senators, including Senate Speaker Noel Kinsella, to defend themselves and their institution after taking a year-long drubbing over the Senate expenses scandal.

THE CANADIAN PRESS

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Thai protesters reject early election date

Desperate to defuse Thailand's deepening political crisis, Prime Minister Yingluck Shinawatra dissolved Parliament's lower house on Monday and called early elections. But protesters seeking to topple her vowed to carry on their fight, saying they cannot win the polls because of corruption.

A decree from King Bhumibol Adulyadej scheduled the elections on Feb. 2 and named Yingluck as interim prime minister until then. The protesters demanded that she resign as caretaker and rejected the election date, putting the strongly royalist movement at odds with the royal decree.

Protest leader Suthep Thaugsuban, who faces an arrest warrant on insurrection charges, spoke to more than 150,000 followers outside Yingluck's offices, challenging authorities to "Come get me!"

He claimed that his movement was assuming some functions of government, citing a clause in the constitution stating that "the highest power is the sovereign power of the people."

"This means that from now on the people will appoint the prime minister of the people and appoint the government of the people," he told the cheering crowd.

He said a new prime minister and a non-elected "people's council" — which has no basis in the constitution — would work to end corruption in politics and keep Yingluck and her brother, former Prime Minister Thaksin Shinawatra, from returning to power.

Thaksin, a former telecommunications billionaire, was toppled by a 2006 military coup that laid bare a deeper conflict between Thailand's elite and largely urban middle class on one side, and Thaksin's power base in the countryside on the other. THE ASSOCIATED PRESS

Anti-government protesters shout slogans after removing concrete barricades from outside Government House in Bangkok on Monday. MANISH SWARUP/THE ASSOCIATED PRESS

From left: Mac Arthur Mti wears badges for sale with the image of late president Nelson Mandela in Johannesburg, South Africa, remember you"; a girl looks at a performer during an event to pay tribute to Mandela. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

South Africa for Mandela

In mourning. World leaders to eulogize anti-apartheid icon

South Africa prepared Monday for a massive memorial in a soccer stadium honouring Nelson Mandela, where an eclectic mix of world leaders will eulogize the anti-apartheid icon before a crowd of nearly 100,000 mourners.

As a prelude to the stadium event, United Nations Secretary General Ban Ki-moon and retired Archbishop Desmond Tutu spoke at an event at the Nelson Mandela Centre of Memory Monday night.

"What a fantastic gift God gave to us in this Mandela, who quickly became an icon, a global icon of forgiveness, of generosity of spirit," Tutu said.

At the Soweto stadium where Mandela made his last public appearance at the 2010 World Cup, workers busily constructed a stage protected by bulletproof glass for Tuesday's memorial.

Nearly 100 heads of state are expected at the 95,000-capacity FNB Stadium, where some mourners are already camped out to be the first ones inside.

A program released by the South African government showed U.S. President Barack Obama would speak, as would UN Secretary-General Ban Ki-moon and Chinese Vice-President Li Yuanchao. South African President Jacob Zuma will give the keynote address.

Mandela died Thursday at age 95. After the stadium memorial on Tuesday, Mandela's body will lie in state at the Union Buildings, the seat of government in South Africa's capital, Pretoria, from Wednesday to Friday. THE ASSOCIATED PRESS

Canadian delegation arrives

Workers rush to prepare for memorial

Clouds hung over Johannesburg as a Canadian delegation arrived Monday to be part of the massive outpouring of grief and celebration following the death of Nelson Mandela.

Prime Minister Stephen Harper smiled and waved to a small gathering of South African and Canadian diplomatic officials as he stepped out of his plane onto a tarmac at Air Force Base Waterkloof, north of the city itself.

As the Canadian delegation made their way into the city, crews were still constructing the stage that will form the centre of what is expected to be a huge memorial for Mandela on Tuesday.

The Canadians flew for 18 hours to witness a country both suffering the pain of losing a world-renowned leader and swelling with the pride of having had him as president.

Harper will be joined at the memorial by former prime ministers Brian Mulroney, Jean Chretien, Joe Clark and Kim Campbell.

"He had a wonderful sense of humour and the most magnificent smile," Mulroney said as he recalled many private meetings with Mandela.

In the 1980s, Mulroney made Canada a key player in the struggle against the apartheid regime that had imprisoned Mandela for 27 years.

Chretien followed up years later when his Liberal government made Mandela an honorary Canadian citizen, a symbol of Canada's respect for the man that still holds today.

Following the memorial in Johannesburg, the delegation will join a procession Wednesday in Pretoria, where Mandela's body lies in state. THE CANADIAN PRESS

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on Monday; soldier Lunga Mbatha writes a message for Mandela reading “rest in peace Tata (father) we will always love and

gets ready memorial

Security still a concern

Police promised “thousands” of officers would secure the stadium for Tuesday’s memorial, though security appeared lax Monday.

- Officers will direct traffic, protect mourners and help the bodyguards of visiting dignitaries, Lt. Gen. Solomon Makgale, a spokesman for the South African Police Service, said Monday.
- “Whether we have 10 heads of state coming or 70 or 100, we do have the capacity and plans in place to facilitate their movement,” Makgale said
- Makgale said a joint task-force of police, diplomats and intelligence service personnel have been making plans and talking to the foreign delegations who plan to attend the ceremony.
- Authorities expect overflow crowds to watch the event at nearby stadiums as well, saying they’d shut off access if the crowds grow too large.
- Meanwhile, a private security firm called Sidas Security was still hiring guards for Tuesday’s event on Monday, using a compact car as an office. Sidas manager George Mathabe said the company will have 1,500 guards on duty Tuesday.

Canadian Prime Minister Stephen Harper and his wife, Laureen, arrive in Pretoria, South Africa, on Monday.
ADRIAN WYLD/THE CANADIAN PRESS

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Gamers play a game on the Xbox One console during the Electronics Expo 2013 in June in Los Angeles. New reports reveal American and British intelligence operations were spying on gamers. KEVORK DJANSEZIAN/GETTY IMAGES FILE

Spy agencies kept an eye on fantasy gamers: NSA leaks

Reports. Documents leaked by Edward Snowden reveal U.S.,U.K. monitored online games

American and British intelligence operations have been spying on gamers across the world, media outlets reported, saying that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

Stories carried Monday by the New York Times, the Guardian, and ProPublica said U.S. and U.K. spies have spent years trawling online games for terrorists or informants. The stories, based on documents leaked by former National Security Agency contractor Edward Snowden, offer an unusual take on America's world-spanning surveillance campaign, suggesting that even the fantasy worlds popular with children, teens, and escapists of all ages aren't beyond the attention of the NSA and its British counterpart, GCHQ.

Spy agencies have long worried that such games serve as a good cover for terrorists or other evildoers who could use in-game messaging systems to swap info. THE ASSOCIATED PRESS

Open letter to Obama

Major technology companies, stung by revelations that the U.S. government collects people's personal data on their networks, on Monday issued an open letter to U.S. President Barack Obama asking for tighter controls on surveillance.

- As part of a global campaign to reform data collection, Google, Facebook, Apple and others said concerns over national security should be weighed against individual rights.

Selfie simulacrum: The scanned 3-D self

Whether in a revolution, crime scene or dinner party, the selfie — Oxford Dictionary's word of the year — is an essential souvenir. British art student Lorna Barnshaw has taken the craze a step further with her 'Replicants' project, capturing herself with the most advanced scanners and 3-D printing herself in full size.

Lorna Barnshaw's 3-D selfie. LORNA BARNSHAW

I read that you wanted to recreate reality. How close did you come?

Not very close, because the scanners create glitches, so this is more about showing where the technology is at the moment. I tried to step back and let the machines do the work but they struggled at times and couldn't get the back of the head right.

I tried all the available options but you can't recreate natural lighting so the face appears lifeless and cold. With photos you can see emotion in a real-life environment. In a way this is what happens to us as we adapt and integrate with technology.

What does this say about human immersion in technology?

It's very strong and you can see that already with printed body parts and the augmented reality we can access. It's both exciting and scary, because technology has glitches. We are always trying to perfect it, but never satisfied.

Does the selfie craze prove we are all hopeless narcissists now?

It's about documentation of everything in life and gives you the appearance of control in it. We can create mirrors wherever we go.

What might you do with your replicant?

I'm sure it would make a good alibi.

METRO WORLD NEWS

Sorry, Sens fans

Leafs bodycheck Rob Ford off top of Facebook list

Toronto Mayor Rob Ford made headlines around the world but his antics didn't top Facebook Canada's list of the year's top topics. The Toronto Maple Leafs generated the most chatter, followed by the Harlem Shake dance craze, Miley Cyrus's infamous twerk, the Boston Marathon bombing and Ford, who came in fifth. THE CANADIAN PRESS

2008 VP hopeful

You betcha, Palin's trying to stay in the limelight

The Sportsman Channel said Monday it has hired Sarah Palin to be host of a weekly outdoors-oriented program that will celebrate the "red, wild and blue" lifestyle. The program, Amazing America, will debut next April. The Sportsman Channel is in some 32 million homes, less than one-third of U.S. households with TV. THE ASSOCIATED PRESS

Market Minute

DOLLAR 94.03¢ (+0.19¢)

TSX 13,312.78 (+32.06)

OIL $97.34 (-$0.31)

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CAN WE DROP THE REAL WOMAN CLICHÉ?

SHE SAYS

Jessica Napier
metronews.ca

Last week a stranger asked me if I was expecting; I am not even remotely pregnant, although perhaps this is a sign I should lay off the boxes of holiday chocolates.

It was a harmless mistake I suppose — I think I was resting my hand on my stomach in a suggestive manner — but the incident did get me thinking about our willingness to comment so freely on other people's bodies, despite how inappropriate it might seem.

Bodies, especially female ones, are constantly in the public discourse. Fitness blogger Maria Kang (a.k.a. Fit Mom) caused quite a stir recently after posting a photo on her Facebook page in which she is flaunting her toned abs while surrounded by her three children and posing the question, "What's your excuse?"

Kang's narcissism and her finger-pointing at mothers who might try to justify a few pounds of leftover baby weight clearly didn't sit well with many individuals. And her follow up 'Sorry, I'm not sorry' faux-apologies didn't win her any fans either.

Last week, Kang wrote a piece for Time magazine denouncing what she refers to as "the fat acceptance movement" and arguing that "fit women are real women, too." While her self-righteous, fat-shaming irks me, it's her usage of the "real women" cliché that really gets under my skin.

I am a real woman. I eat a salad every single day for lunch and work out on a regular basis. I also really enjoy pizza and doughnuts. I don't believe in Kate Moss' motto that "nothing tastes as good as skinny feels" because hip bones are never going to be as important to me as artisanal cheeses. But that's just me.

Kate Moss is also a "real" woman and yes, so is Maria Kang — although it's worth noting these particular women often have a little help from Photoshop in their public photos. It's problematic to suggest that some women are more authentic than others.

Not all "real women" have curves and yet we can't seem to escape these sorts of absolutist expressions. Leggy, six-feet-tall supermodels with high cheekbones are still actual human beings — no matter how genetically impossible they might seem.

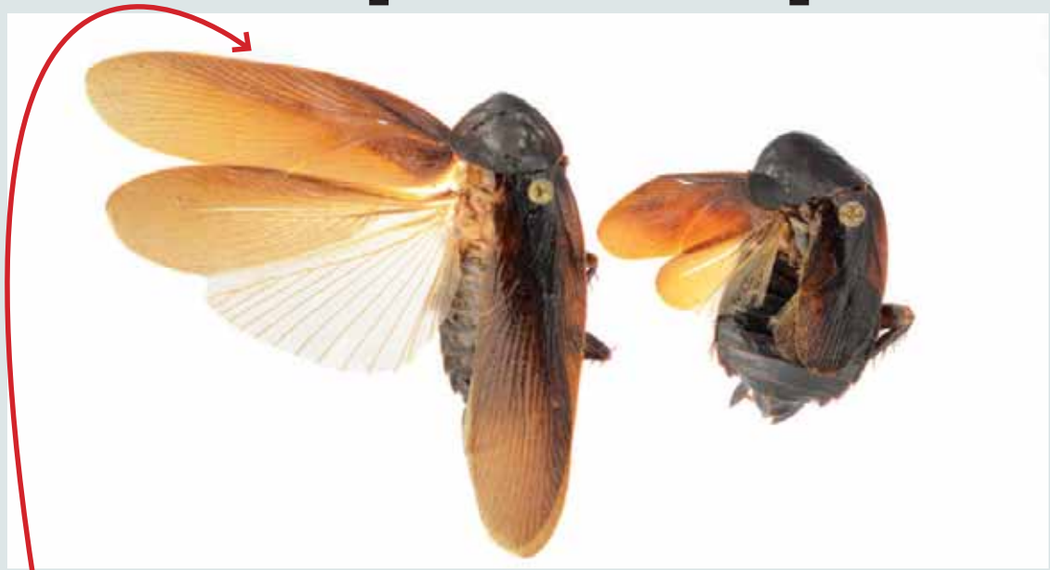
Some people applaud initiatives such as Dove's Real Beauty campaign that try and put "normal" women front and centre in the media, but I have a hard time getting on board with it. Of course I want to see a variety of bodies in mainstream advertising, but labelling them as "real" is just patronizing. Dove might be lauded for their efforts to include a diversity of models in their ads, but the message still elevates appearance over all other human qualities — which is probably understandable since at the end of the day they're still hawking body wash.

I'd love it if we could all stop using the "real women" cliché whenever we talk about bodies that deviate even slightly from the North American beauty ideal. All women, no matter their shape or BMI, are in fact "real" unless they come with a portable inflation pump.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Cockroach species turns up in NYC



UNIVERSITY OF FLORIDA/THE ASSOCIATED PRESS

Invasive insect can withstand winter

The High Line, a park that turned a dilapidated stretch of elevated railway on Manhattan's West Side into one of New York's newest tourist attractions, may have brought a different kind of visitor: A cockroach (pictured) that can withstand harsh, cold winter and has never been seen before in the U.S.

Rutgers University insect biologists Jessica Ware and Dominic Evangelista said the species Periplaneta japonica is well documented in Asia but was never confirmed in the U.S. until now. The scientists, whose findings were published in the Journal of Economic Entomology, say it is too soon to predict the impact but that there is probably little cause for concern.

The newcomer was first spotted in New York in 2012, by an exterminator.

THE ASSOCIATED PRESS

Critter versus critter

"Because this species is very similar to cockroach species that already exist in the urban environment, they likely will compete with each other for space and for food."

Dominic Evangelista, Rutgers University insect biologist
Competition will likely keep the population low, because more time and energy spent competing means less time and energy to devote to reproduction.

No super species hybrid

- The scientists suspect the critter was likely a stowaway in the soil of ornamental plants used to adorn the park.
- The likelihood that the new species will mate with the locals is slim, Evangelista says because "The male and female genitalia fit together like a lock and key, and that differs by species."

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With Kickstarter and Indiegogo leading the way helping thousands of cash-strapped projects get off the ground, it's easy for niche projects to go unnoticed.
Not to worry entrepreneurial musicians, gamers and business-folk. You too can get your piece of the pie — you just have to know where to look.

ISTOCK IMAGES

Gambitious:
With pages and pages of gaming projects (video, board, cards, you name it) on mainstream crowdfunding sites, it didn't take a genius to see where the coveted crowd cash lies. Gambitious unites game developers, investors and players to make these games happen.

Rock The Post:
Hobby projects need not apply. Rock The Post's niche is revenue-generating business and rejects about 90 per cent of applicants. So, if you just want a bit of cash so you can take your band and hit the road, this might not be for you (but there's hope, keep reading).

GigFunder:
Didn't get that artists' grant? GigFunder tries to help touring musicians fund their road trips. (Warning: Haven't seen too many successful campaigns to date.)

Twitter

@metropicks asked: Tamagotchi, a 90s electronic pet, will come back in 2014. What other toys should — or shouldn't — return?

@ColinHFX: MOON. SHOES.

@nicoleblancPR: SkipIts! Those things are a hazard!

@strangerob: I pity the store clerks who will have to deal with these damn things & the angry parents.

@turdwrastler: bring back lawn darts

@_J_T_V_: THE JOCK JAMS CD SERIES

@ArCowx: I still have mine!

@SmashSays: @VivienLily Should I preorder you one? Haha

@QRefProblems: Fraggles

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Send us your comments: ottawaletters@metronews.ca

metro
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DVD review

Fast & Furious 6

Director. Justin Lin

Stars. Vin Diesel, Paul Walker, Dwayne Johnson

●●●○○

The recent tragic car crash death of Paul Walker makes Fast & Furious 6 the last possible film with one of its original main co-stars. It's one of the better sequels — meaning action-packed — of this 12-year-old franchise. Directed once again by a steadily improving Justin Lin (he also helmed chapters 3, 4 and 5), the film reunites the ol' gang of hot wheelers just when they think they've made it to early retirement. Walker's Brian O'Conner and Vin Diesel's Dominic Toretto are obliged to put down their pina coladas and rev their engines for a predictably ridiculous story about stopping a badass band of mercenary drivers. Joining the fray are Dwayne Johnson, Michelle Rodriguez, Jordana Brewster, Tyrese Gibson, Sung Kang and Chris "Ludacris" Bridges, plus new faces Gina Carano and Luke Evans. Will you believe that a sports car can speed out of a crashing cargo jet? No, but it's fun to watch, although you may get misty-eyed over the scenes involving Walker. Extras included: deleted scenes, an extended version of the film, a director's commentary and making-of featurettes.

PETER HOWELL

Sounds for the season

If you've been to the mall recently, you know it's beginning to sound a lot like Christmas. We understand if you've hit Jingle Bell Rock-bottom, but if you haven't, here are some festive sound suggestions.

PAT HEALY
Metro World News in Boston

Wrapped in Red: Kelly Clarkson

Listening to the first three songs on Kelly Clarkson's new holiday release is a lot like getting a detailed Christmas card from a good friend who you haven't thought of in a while. It's one part "Oh, hey, so that's what you've been up to" and one part "Oh, right, this is why I like you!" But if you keep listening it's a little bit like hanging out with that old friend for a long weekend. You get traces of "Oh yeah, that's what kinda always bugged me about you." Yes, her voice is every bit as remarkable as it was when she won the first American Idol. The highlight may actually be an original song, Winter Dreams (Brandon's Song), which she wrote for her husband.

A Mary Christmas: Mary J. Blige

Upon first glance, this album looks like such a no-brainer that you wonder why this didn't happen way sooner. Mary's soulful voice and that punny title are holiday gold, right? Not quite. Mary does sound great, but pianist and producer David Foster — best known for creating the Celine Dion sound and the Josh Groban sound — gives the whole collection too much of the Celine Dion sound and the Josh Groban sound. Maybe this compilation really should have happened sooner, and without David Foster.

Duck the Halls: The Robertsons

My initial reaction to any musical output from the family behind Duck Dynasty is one of "who let this happen?" But the weird thing is, it's actually pretty good. Kicking off with Ragin' Cajun Redneck Christmas, a song that Willie Robertson actually co-wrote, is a rootin' tootin' good time. Sure, they have plenty of hired hands from the country music genre helping out, but this is a fun album. Sadie and Uncle Si can't really sing and there are lyrics like "We bought every string of lights Walmart had" and "Like Jesus and Santa Claus, we've got love behind these beards" (in the same song!), but it's full of goofy cheer for anybody who always wanted to hear a follow-up single to Grandma Got Run Over by a Reindeer.

Psych-Out Christmas: Various Artists

The album cover features Santa with a spliff in his mouth, so it's no stretch to say this 17-song compilation is a real trip. It's contemporary psychedelic indie acts like Psychic Ills and Quintron and Miss Pussycat alongside veterans like Iggy Pop, providing mostly sincere — if not a little hazy — takes on holiday classics. Sleepy Sun's re-imagining of What Child is This? is so epic you'll feel as high as the star (or angel) atop your tree and want to see the figurines of the nativity set rocking out to it.

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The vote is split on 2013's best flick

Anyone's awards.
There was no critic consensus in L.A. this weekend, making Oscar predictions tough

The Los Angeles Film Critics Association split between the space odyssey Gravity and the futuristic romance Her, lending no more certainty to an awards season that's so far been full of contenders.

The two films shared best picture in the awards announced Sunday by the L.A. critics, but Gravity was the top award-winner. The innovatively made, lost-in-space drama won for best director (Alfonso Cuaron), best editing (Cuaron and Mark Sanger) and best cinematography (Emmanuel Lubezki).

Her, which is about a man (Joaquin Phoenix) who falls in love with his computer operating system (voiced by Scarlet Johansson), also won for K.K. Barrett's sleek, near-future production design.

But the critics otherwise spread the honours around.

Dual winners were the theme. Best actress was shared by Cate Blanchett for her fallen socialite in Woody Allen's Blue Jasmine, and Adele Exarchopoulos for the lesbian coming-of-age tale Blue Is the Warmest Color. (The later film also won for best foreign language film.)

Best supporting actor was also a two-fer, with the group jointly honouring Jared Leto's performance as an HIV-positive transsexual in Dallas Buyers Club and, more surprisingly, James Franco's performance as the cornrowed gangster Alien in Spring Breakers.

Best actor went to Bruce Dern for his performance in Alexander Payne's father-son road trip Nebraska.

Last year, the LA critics chose as best picture Michael Haneke's aging drama Amour, which went on to win the Oscar for best foreign language film.

The association, a group of several dozen film critics, will hand out the awards in a Jan. 11 ceremony in Los Angeles.

Hollywood's awards season continues on Wednesday with the Screen Actors Guild nominations, followed Thursday by the Golden Globe nominations.

THE ASSOCIATED PRESS

Hard to predict

Early movie awards can help sort out the Academy Awards race, but they've been particularly varied this year. Last week the New York Film Critics Circle named American Hustle best film. The National Board of Review picked Her and the Gotham Awards elected Inside W Davis. On Sunday, both the New York Film Critics Online and the Boston Film Critics named the slavery epic 12 Years a Slave best picture. The LA critics also voiced its strong support for the film naming Lupita Nyong'o best supporting actress, and giving a "special citation" to the film's creative team.

Gravity shared the best picture award with Her at the Los Angeles Film Critics Association awards Sunday. CONTRIBUTED

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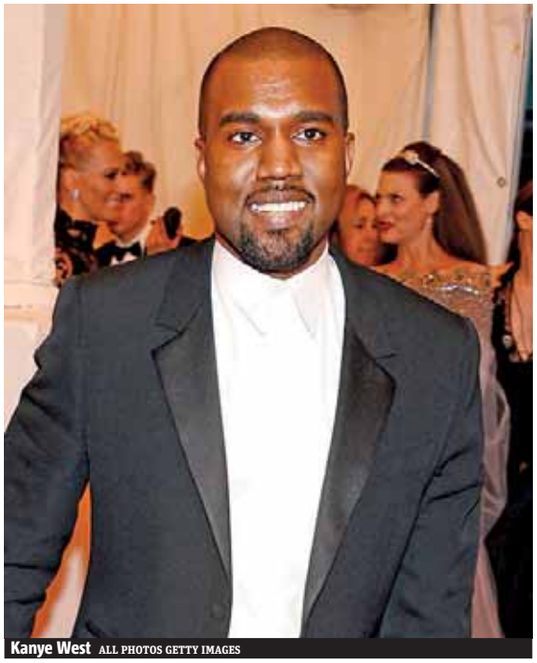
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Kanye West ALL PHOTOS GETTY IMAGES

All quiet on the West front: Kanye wants you to know his tour is war zone-tough

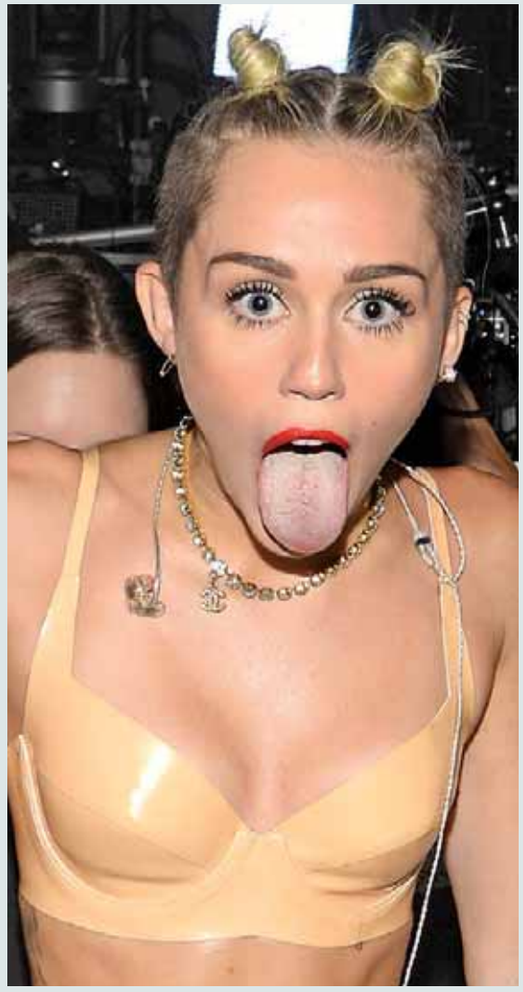
Kanye West isn't sure everyone appreciates how dangerous his current tour is. "Like, I'm just giving off my body on the stage. I'm putting my life at risk, literally," West says in an interview with SaturdayNightOnline.com, citing some of the precarious set pieces involved in the live show. "And I think about it. I think about my family and I'm like, wow, this is like being a police officer or something, in a war or something. Like you're literally going out to do your job every day, knowing that something could happen. Something can happen to you."

Britney Spears

Spears thinks Chaotic was a crappy decision, but don't you dare diss Crossroads

Regrets? Britney Spears has a few. Her biggest, apparently, was documenting her relationship with ex-husband Kevin Federline on the short-lived 2005 reality series Britney and Kevin: Chaotic. Spears admits the show was a mistake. "I would never do something like that again," she tells the Telegraph. "Actually, that was really bad. That was probably the worst thing I've done in my career." But she doesn't feel the same way about her big-screen debut, 2002's Crossroads. Asked if she's embarrassed about it, Spears shouts back, "No! I like Crossroards! F— you!"

The Word



Could Miley be the Person of the Year?

PAT HEALY
Metro World News

Time magazine's managing editor Nancy Gibbs announced the shortlist for Person of the Year on the Today show yesterday and one inclusion may surprise you: Miley Cyrus.

Yes, the person most famous for twerking all over our TV screens is in the running with President Obama, Pope Francis, Amazon founder Jeff Bezos, Syria's President Bashar Assad, Iran's President Hassan Rouhani, Texas Sen. Ted Cruz, Secretary of Health and Human Services Kathleen Sebelius, Edward Snowden and gay rights activist Edith Windsor for the title.

"Power is not just political. It can be cultural, it can be spiritual. She came in like a wrecking ball, literally," Gibbs said, trying desperately to have this make sense.

"At a time when you're living with an explosion of exhibitionism since we all now carry cameras with us at all times, she is a symbol of the way we live."

Will you Mary-Kate me? Olsen may be on her way to the alter

Mary-Kate Olsen

Is Mary-Kate Olsen getting ready to welcome a partner into her voluminous circle scarves?

The actress/twin/fashion person, 27, has been dating Olivier Sarkozy, the 44-year-old brother of France's ex-president Nicolas Sarkozy, for more than a year. Despite the 17-year age difference, the two are reportedly getting quite serious.

According to Page Six, Mary-Kate was recently spotted perusing diamond engagement rings at the Neil Lane boutique in Los Angeles. Apparently, MK was drawn to platinum bands with large, cushion-cut gems, some as much as $100,000 — "I don't think price was an issue," a source said.

Well, obviously not. They are the very definition of a power couple. One of them is the scion of an immensely powerful global dynasty, and the other one is Olivier Sarkozy.

Ben Affleck

Ben says love in the limelight has made him feel like a felon

Ben Affleck says being a movie star is about as fun as being a suspected murderer, at least when it comes to love and marriage.

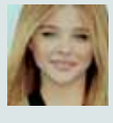
"The crucible by flashbulb," he told Playboy of his relationships with the Jennifers (Lopez and Garner).

"It was magazines then, and those days are more or less gone. Now it's online, but it's the same thing. At the nadir of that I felt I was being treated worse than Scott Peterson, who at least got the benefit of the word alleged when they talked about him."

Twitter

@mindykaling
The secret is if you stay late enough the lakers girls dancing gets sexier and they wear less clothes. They started in baggy verizon tshirts and now they're in like gold and purple string bikinis. It's the best

@tonyhawk
Today I learned that de-icing a plane can take an extraordinarily long time... & the whole idea kinda freaks me out.



@ChloeGMoretz
the best feeling is listening to all i want for christmas is you with someone you love

Keeping pounds off with healthy holiday drinking

Sipping celebrations. The Food Babe weighs in on what to avoid when you're attending those multiple holiday shindigs

ANDREA PARK
Metro World News

Celebrate all you want — just do it responsibly. ISTOCK PHOTOS

Holiday parties are filled with good cheer, friends and of course, plenty of booze. Maybe you're looking for the cocktail or beer that will do the least damage to your body? Activist and blogger Vani Hari, also known as the Food Babe, talked to Metro about how to pick your poison during the holidays.

Beer

You'd be surprised by the "extras" some manufacturers add to your favorite beers. Hari called individual companies to ask for ingredient lists and found that some beers contain ingredients like corn syrup and caramel coloring. Caramel coloring is known to be carcinogenic. It contains a chemical called 4-methylimidazole, which has been linked to cancer in animals. Hari said beer manufacturers use caramel colouring to give the beers a "deep golden brown" colour that is typically achieved by using high quality hops. Newcastle is one brand that uses caramel coloring in its beers.

Hari said some of the mass-produced beers that have corn syrup in their ingredients list include Corona, Miller, Coors, Pabst Blue Ribbon and Red Stripe. Heineken, Amstel and Sierra Nevada are a few popular brands that do not use genetically modified ingredients or other unsavory additives.

Even so, Hari recommended seeking out beers from local microbreweries first.

"Those smaller breweries are generally not using the crazy additives that other companies use to save money or produce faster," she said.

Go easy

Of course, the healthiest way to go is to avoid drinking when possible.

- **A simple solution.** "You don't have to drink at every holiday party," said Hari. "If you have five parties in a week, don't feel like you have to drink at all of them. A club soda with lime on the rocks looks like a vodka tonic so you can blend in."

Wine

Not all wines are created equal. Hari said some wines are produced with poor quality grapes and can include preservatives, additives and sulfites. Sulfites have been linked with allergic reactions and asthma. Hari suggested buying organic wines, which eliminate exposure to pesticides and other additives.

She likes drinking biodynamic wines by Frey and Robert Sinskey. "They take it up another notch by making wines that are biodynamic," said Hari. "You're not just drinking organic wine, but wine that's also environmentally friendly."

Hard alcohol

Again, Hari urged consumers to buy organic hard alcohol, as it's impossible to simply check an ingredients label for additives. "You're also not going to have genetically engineered corn or soy in the organic versions of liquors," said Hari.

Hari said your best bet is to go for the simplest spirits — flavored ones may contain artificial or natural flavors that can include a range of substances, including castoreum, which is sometimes derived from beavers' anal glands.

Agave plants are not sprayed with pesticides as much as other plants, thus agave-derived liquors like 100 per cent agave tequila (Patron is one brand) are "very clean," according to Hari.

As far as navigating cocktails at holiday parties, Hari said it's best to go for unflavored mixers as well, like soda water or 100 per cent juices.

"Stay simple," she said. "Juice is way better for you than Pina Colada or Bloody Mary mix. The holidays are a time to have a good time and let loose, so just minimize the damage by trying to pick the best drinks."

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Do you think you have seasonal affective disorder?

Bad in bed. It might have nothing to do with the changing of the seasons, you might just simply be sleep-deprived

LINDA CLARK
Metro World News

Shake out the cobwebs with some simple changes. ISTOCK PHOTOS

Are you feeling extra sleepy now that the days are short and the nights are long? Does a dark, cold afternoon make you want to curl up and snooze?

Well, it's not entirely due to the change in the seasons, according to Dr. Lawrence J. Epstein, an associate physician of sleep medicine at Brigham and Women's Hospital in Boston. He says it's more likely due to year-round sleep deprivation.

"Humans don't hibernate — if people feel like sleeping longer in the winter, it's likely due to sleep problems in general," says Epstein. "People are just not getting enough sleep. Over the past 50 to 75 years, our sleep has been decreasing. This is not good. It causes changes in the body's physiology. It's not healthy."

Inadequate sleep is associated with weight gain, changes in glucose metabolism leading to diabetes, hypertension and an increased risk of heart disease.

"People who have poor sleep don't live as long," says Epstein. "You don't feel good. Cognitive function is impaired, reaction time is slower, attention decreases and judgment is impaired."

If you're feeling particularly grumpy or depressed — in addition to sleepy — this time of year, Epstein says those symptoms are more in line with seasonal affective disorder (also known by its appropriate acronym, SAD), but notes that "exposure to light usually fixes the problem."

Indeed, light exposure sets circadian rhythms (the body's internal clock), determining when we sleep.

That's why some people might sleep longer in winter, when there's less daylight, and that inclination for extra sleep can be a good opportunity to establish more restful long-term sleep habits.

"You can absolutely reset your sleeping pattern," says Epstein. "It can be very individual; not everyone sleeps at the same times and for the same amount of time."

He recommends testing out going to bed when you're sleepy and waking up when you want (if you're lucky!) to figure out what sleep schedule works best for you.

"Initially, you're making up for lost sleep, (but) in two weeks, you're waking up feeling refreshed and you've found your natural sleep period."

Sleep tips

Here are some tips to help establish and maintain your personal sleep pattern

- **Routine.** Go to bed at the same time and get up at the same time every night
- **Schedule.** Set aside enough time for sleep
- **Get ready.** Establish a relaxing pre-sleep routine
- **Do not touch.** Avoid alcohol and caffeine

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Half off

Half off: Active lifestyles

You can still find ways to be active when the weather changes. ISTOCK PHOTOS

Ten weeks ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

Living an active life means being active in lots of real life ways, not just pumping iron or clocking miles on a treadmill. For Dacey, being active means clearing the driveway after it snows — and burning well over 300 calories per hour.

While she is doing her weights program two to three times a week ("some weeks are better than others") Dacey has become more active in other ways too. For example, she walks her daughter to school some days (rather than driving). When she goes to work, she parks in a parking garage a couple of floors up so she has to take the stairs.

Cieciwa says incorporating more activity into your life this way is a bonus — and the more the better. But he cautions that it's not a replacement for a structured workout.

He recommends fitness programs that are targeted at raising heart rates, creating balanced bodies, and putting more physical stress on the body. Check out the weights program that Jordan created for Elisha on the Half Off blog at metronews.ca/voices/half-off/

YLVA VAN BUUREN/FOR METRO

Give gifts from the heart this season

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health magazine, we rounded up some beautiful and practical gift ideas, all with a healthy twist. Pick up the issue to find a roundup of items that cover all four of our healthy pillars: Look Great, Get Healthy, Eat Well and Embrace Life.

But we also suggest gifts like donating your time and giving to a charitable organization. According to research from the University of Exeter Medical School in the U.K., volunteering can improve mental health and help you live longer.

Here are three charitable gift ideas.

Plan Canada Gifts of Hope Newborn Checkup, $30.

Open your heart and wallet. ISTOCK PHOTOS

This home visit will check in with a mom and newborn within the first three days of birth — a crucial time to ensure that baby is thriving and mom is recovering well. Go to plancanada.ca/gifts for more information.

Toms One For One Program. For every pair of Toms shoes purchased, the company will donate a pair to a child in need.

The company currently donates shoes to people in more than 60 countries. Browse styles and find a retailer near you at toms.ca.

World Vision Christmas Ornament Set (Trio), $85. Give a holiday gift that supports African entrepreneurs. One ornament set includes an African water buffalo, a giraffe and an elephant, all made from wire and beads and handcrafted by Kenyan artisans who received a World Vision micro-loan to start their business. For more information, go to worldvision.ca/gifts.

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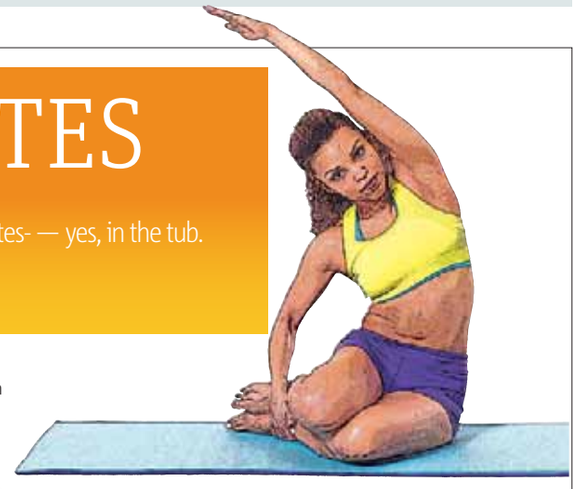

Why Pilates in the tub? In the dead of winter, running a hot bath is one of the quickest ways to thaw a stiff, frozen body. "The warm water relaxes the muscles, allowing them to become more malleable," Brooke Siler, author of The Women's Health Big Book of Pilates, and Madonna's former trainer, tells Metro.

"Once they're in that state, it's a really nice place to try and foster a bit more flexibility than you might get from, say, dynamically attempting to stretch out cold muscles, which tend to tear more easily," she adds. Try the moves here while soaking, for a firm tummy.

But when you get out of the bath, don't go directly in a cold area, she warns: "After expansion comes contraction—so do your best to stay warm, and allow your muscles to cool down naturally once you get out. Because if you don't, they'll just seize right back up."

THE ROLL BACK A + B

A: Sit with your knees bent and your feet flat, and approximately 2 feet from your bottom. Place your hands behind your thighs, keeping your elbows wide, bottom engaged, and abs pulled in. Knees should be hip-width apart.

B: Inhale with control as you curl your bottom under and roll halfway back. Press your feet down. Hold for a count of three. Exhale as you roll up to the starting position. Reps: three to five.

SINGLE LEG KICKS A + B

A: You may want to drain some of the water out for this move. Lie facedown with your upper body propped up on your elbows and with tight fists. Your arms are shoulder-width apart and your elbows are aligned directly under. Your chest is lifted high, the pubic bone is anchored to the bottom of the tub (as much as you can), and the inner thighs are pressed tightly together.

B: Maintaining this position, lift both knees 2 inches, and alternately kick your bottom with your heels. Switch legs, repeatedly sustaining the stretch of abs up through the chest and out the chin.

Reps: Six sets of kicks.

SIDE BENDS A + B + C

A: Sit on one buttock with your knees bent to your side, legs stacked knee over knee, and ankle over ankle. Using your leg side hand, pull your heels close to your bottom and slowly inhale as you raise your opposite arm until your biceps touch your ear.

B: Exhale slowly as you side bend over your legs, stretching the outside of your body.

C: Return to centre on an inhalation, and slowly exhale as you side bend to the other side by placing your hand on the bottom of the tub, in line with your shoulder. One arm is always overhead.

Reps: do three breath cycles.

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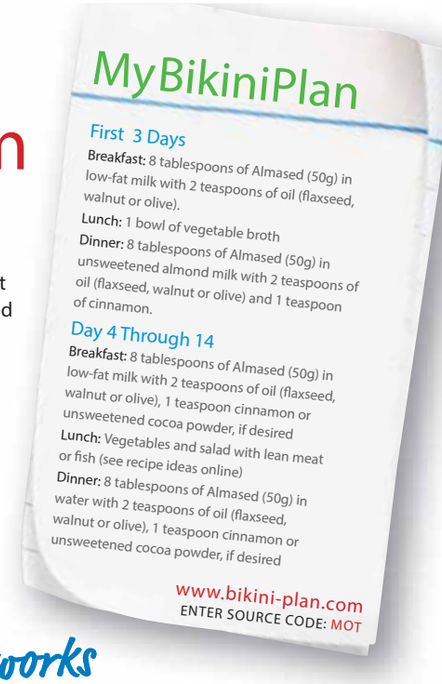
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Frosty the Shortbread Snowman was a very jolly treat

Ingredients

- 375 ml (1 1/2 cups) softened unsalted butter
- 175 ml (3/4 cup) icing sugar (plus extra for decorating)
- 7 ml (1 1/2 tsp) vanilla extract
- 2 ml (1/2 tsp) salt
- 750 ml (3 cups) all-purpose flour
- Mini chocolate chips, gum drops, licorice whips, jelly beans, fruit leather, etc.

1. Line 3 rimmed baking sheets with parchment paper.

2. Beat butter with icing sugar, vanilla and salt until fluffy. Add flour and mix well. Chill until easy to handle.

3. Measure level 30 ml (2 tbsp) portions into 8 balls for snowman bases; arrange on prepared baking sheet. Measure level 15 ml (1 tbsp) and 10 ml (2 tsp) portions respectively for 8 bellies and 8 heads of snowmen. Arrange on baking sheets. Chill for 30 minutes.

Easy Icing Sugar Glue

Stir 90 ml (6 tbsp) icing sugar with 7 ml (1 1/2 tsp) water. Spoon small dab between balls to assemble snowmen. Use toothpicks to help paste on small items.

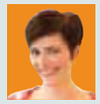
4. Heat oven to 180 C (350 F). In batches, bake largest balls for 18 minutes, medium balls for 15 minutes and smallest balls for 12 minutes or until balls are golden on the bottom and set. Let cool completely.

5. Roll in icing sugar to coat. Create a paste using additional icing sugar and water (see fact box); use to stack and assemble balls into a snowman shape. Decorate as desired with candies. THE CANADIAN PRESS/ GAY LEA FOODS

This recipe makes eight snow people. THE CANADIAN PRESS

Health Solutions

Let the loafing begin



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is loaf season!

And I do not mean the kind of loaf you do on the sofa. I mean the kind you bake a stack of, wrap up and take to every party as a hostess gift.

Banana loaf can be so ho hum but to add a little ho ho ho, think about stirring in one or some of these ingredients:

- Chopped Medjool dates
- Crushed candy canes
- Chocolate covered espresso beans (placed on top when loaf is half baked)
- Grated zucchini
- Chopped pieces of brie with grated apples
- Cocoa nibs
- Hemp seeds
- Pineapple chunks
- Hot peppers and lime juice (to make a more savoury loaf)

There is no reason the holidays have to be unhealthy or boring. Just a few simple jazzy bits can make all the difference.

Remember to wrap your loaf in plastic and tie it with a pretty ribbon. Everyone likes an edible gift (that they can re-gift and look like a star even though they didn't do a darned thing!).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dessert. Original Scottish Shortbread

Ingredients

- 250 ml (1 cup) softened butter
- 175 ml (3/4 cup) granulated or fruit sugar
- 625 ml (2 1/2 cups) sifted all-purpose flour

1. Heat oven to 150 C (300 F).

2. In a bowl, beat butter and sugar until smooth. Gradually add flour, mixing thoroughly after each addition. Knead lightly. Wrap tightly in plastic wrap and refrigerate for 1 to 2 hours.

3. On floured surface, roll out dough to about 1/2-inch (1-cm) thickness. Using a cookie cutter or a glass dipped in flour, cut into desired shapes and place on ungreased baking sheet.

4. Bake for 20 to 25 minutes or until golden brown. Immediately transfer to wire racks to cool. THE CANADIAN PRESS/ THE 250 BEST COOKIE RECIPES BY ESTHER BRODY (ROBERTROSE.CA, 2013).

Doubling the oats makes them breakfast food, right?

Many people would balk at the idea of eating holiday cookies for breakfast, but this recipe might make you reconsider.

These Double-the-Oats Oatmeal Cookies are so jammed with oats — making them tender and wonderfully chewy and rich — that eating them is like enjoying a morning bowl of oatmeal in the form of a cookie.

Feel free to substitute 1 1/2 cups of dark chocolate chips and 1 cup of chopped walnuts for the cherries and pecans.

This recipe makes three dozen cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 eggs
- 1 tbsp vanilla extract
- 1 cup dark brown sugar
- 1/2 cup granulated sugar
- 1 cup vegetable oil
- 1 1/2 cups all-purpose flour, sifted
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground cardamom
- 1/2 tsp salt
- 3 1/2 cups old-fashioned rolled oats (not quick-cooking), divided
- 1 1/3 cups dried cherries
- 1 generous cup pecan halves, coarsely chopped

1. Heat the oven to 350 F. Line a baking sheet with kitchen parchment.

2. In a large bowl, whisk the eggs and vanilla until frothy. Add both sugars and the oil. Mix until well blended and creamy in appearance.

3. In a medium bowl, whisk together the flour, baking soda, cinnamon, cardamom and salt. Add to sugar and egg mixture and mix until completely combined. Mix in 2 cups of the oats, then the cherries and pecans. Add the remaining 1 1/2 cups of oats and mix well. The batter will be stiff.

4. Working in batches, use teaspoon to drop cookie dough on prepared sheet, leaving about 2 inches between cookies. Bake for 14 to 15 minutes, or until golden brown and still soft at the centre. Cool for 2 minutes on the baking sheet, then use a spatula to transfer to a rack to cool completely. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Having fun at the Xmas work party is a tightrope, need help walking it?

Enjoy! But avoid getting too drunk and making a scene. ISTOCK

Eat more, drink less. Gratitude, discipline, light flirting and being yourself is a great start but always remember it's not just some bar, it's your office

JULIA FURLAN
Metro World News

Sure, the halls are decked and there's an array of festive booze ready to be guzzled, but an office holiday party is a ruse. In fact, "office" matters a lot more than "party" in the grand significance of the event. If you're smart, you can make an office holiday party good for your career (and have a little fun, too).

Karen Elizaga is an executive coach and author of Find Your Sweet Spot: A Guide to Personal and Professional Excellence, and she says that it's important to walk into the holiday bonanza with a certain amount of decorum. "It's certainly a time to celebrate with your colleagues, but it's definitely not a time for payback," she advises. "I tend to think of these parties as a work event, so I go prepared."

Preparedness doesn't mean arriving with a Santa beer helmet or a naughty little elf outfit. A holiday party is an internal networking event, Elizaga says, so she recommends you walk in with a few topics of conversation prepared — and never on an empty stomach. "If you show up well-fed, the chances of you doing something crazy is much less. Watch your alcohol intake."

As the founder of the catering and event planning company Between the Bread, Ricky Eisen may have a different perspective from Elizaga, but her first piece of advice is the same: "Don't drink too much."

She also says there's no classier move than for employees to thank the person who planned the party. And if the tinsel and holly aren't really your style, don't mention it, Eisen says. "Respect the effort of the person who put it together, whether or not it's the kind of party you would throw."

Both experts agree on one thing: It's about the people. "You want people to see your personality. It might not shine through (at work) when you're so focused and serious," Elizaga says. Most importantly, just because you're not shotgunning beers doesn't mean you can't revel in the festive spirit: "Make sure you have fun." she says. Here's some tips to use by the punch bowl ...

Network
"An office party is such a great time to make those connections," Elizaga advises. "Somebody who works outside of your immediate vicinity or who you want to pay special gratitude to because they helped you get something done — it's a really great time to connect."

Be aware of monopolizing people's time
"There may be somebody you want to talk to because you think they can help you professionally, but understand that they want to talk to other people, too. Be cognizant of the time that you're taking," Elizaga reminds revelers.

Say thanks
"If you're attending, make sure you go over to the person who planned it and thank them. I think that goes a huge long way to showing that you have manners and proper etiquette," Eisen suggests.

You can flirt, cautiously
"I think it's perfectly acceptable to make a connection with somebody you've had your eye on at work. But be guided by what's appropriate. This is not some random bar or party you're at. This is your office," Elizaga says.

Dreading those long hours at the mall? It's time to make shopping a teachable moment

Planning. If you let kids help with making lists and doing online research, they can learn lots about budgeting

YOUR MONEY
Alison Griffiths
money@metronews.ca

Talk about humbug! I've never heard so many parents grousing about the holiday season and especially about shopping.

I feel it's my duty to put the sparkle back in the spirit of the holidays. So, instead of dreading hours at the mall, enlist your little darlings to do as much as possible. Allowing them to take the holiday lead offers the best kind of financial literacy teachable moment.

Here's how to set off on the right (and least stressful) foot this season.

The list
Whether it is done via an app or on the back of an envelope, the list is the cornerstone of smart shopping. Children easily get distracted once in the stores; lists keep them focused. Younger children can dress up their lists with a photo of the desired gift next to the person's name. Don't hover, Mom and Dad! Help out with names for their list, then allow them to come up with ideas on their own.

Older kids can use one of the many apps available such as Gift List, My Christmas Shop and Christmas List. They are all well rated and suitable for adolescents through teens. Most keep a running spending total, which is a boon.

The budget
Like macaroni needs cheese, a list needs a budget. Just as children learn language through repetition and context, so they will come to understand they can afford a pair of argyle socks for Grandpa but not an argyle cashmere sweater.

Have older kids do some online price research and surf for coupons and deals. This is the kind of tech challenge most will enjoy.

Encourage homemade gifts for all ages. Again, let them do as much as possible. Kids are natural-born creators.

The shopping
One word — organization. There's still plenty of time. Take two or three shorter shopping trips rather than an all-day marathon. Match the amount spent with what is budgeted. Apps will help with this. Have kids ask for gift receipts, and remember not to micro-manage.

Give children financial responsibility and it won't take long before they help make holiday shopping a more pleasurable experience.

Children are easily distracted in stores, but lists can help keep them focused. ISTOCK

NHL

"I don't plan on being extremely emotional, but I don't know.... I guess I don't rule it out." **Former Flames captain Jarome Iginla,** who plays his first game in Calgary as a Boston Bruin on Tuesday after being traded last spring.

NHL

Knee lands Neal five-game ban

The NHL has suspended Pittsburgh Penguins forward James Neal for five games for kneeing Boston forward Brad Marchand in the head. The incident occurred in the first period of Boston's 3-2 home win over Pittsburgh on Saturday.

THE CANADIAN PRESS

The Penguins' James Neal knees Brad Marchand on Saturday in Boston. GETTY IMAGES

Baseball Hall of Fame

Managing legends Cooperstown bound

Joe Torre, Tony La Russa and Bobby Cox, baseball's winningest managers over the past four decades, were unanimously elected to the Hall of Fame on Monday by the expansion era committee.

Each won more than 2,000 games and was selected on all 16 ballots when the committee met Sunday ahead of baseball's winter meetings.

"Managing against them, you certainly learned things," said Torre, now an executive vice-president for Major League Baseball. "I am honoured to go into the Hall with these two guys."

Induction ceremonies will be held July 27 in Cooperstown, N.Y.

THE ASSOCIATED PRESS

Doc decides to ride off into sunset a Blue Jay

MLB. Toronto great tips hat to club that drafted him in official retirement announcement

In the end, Roy Halladay went back to his major-league roots.

Halladay signed a one-day contract with the Toronto Blue Jays on Monday that allowed the veteran right-hander to retire as a member of team with which he broke into the majors and spent the bulk of his distinguished 16-year career.

Halladay made the announcement at a news conference in Lake Buena Vista, Fla., site of the baseball meetings.

"As most people know, I was very lucky to have a lot of people in the organization really develop and help me become the player I was able to become," Halladay said.

"It really turned my career around and it made a big difference in my career and that's why I'm very fortunate to retire as a Blue Jay."

Halladay spent his final four major-league seasons with the Philadelphia Phillies and also went to great lengths to express his gratitude to that organization and its fans.

Halladay was drafted 17th overall by Toronto in 1995 and made his major-league debut as a September call-up.

His first game was unremarkable. In a five-innings against Tampa Bay, he gave up three runs and a homer in a 7-5 win. A week later, Halladay went the distance against Detroit. His stat line reads like what Toronto fans would come to expect: Nine innings, eight strikeouts, no walks and just run in a 2-1 win.

The dominant starter, however, wouldn't emerge until after several ugly seasons. A serviceable season in '99 led to a disastrous 2000 when he finished with a 10.64 ERA.

That was the turning point. Instead of giving up on Halladay, Toronto sent him to single-A Dunedin in '01 to rebuild his mechanics. He was promoted through double- and triple-A until returning to the Blue Jays on July 2.

His first game back was ugly — six runs allowed in two-plus innings of relief against Boston. But Toronto kept him in the majors and he started every game the rest of the season, finishing with a complete-game shutout against Cleveland for a respectable 3.16 ERA.

Halladay never looked back. THE CANADIAN PRESS

Two-time Cy Young award winner Roy Halladay announces his retirement after 16 seasons in the major leagues on Monday at the baseball winter meetings in Lake Buena Vista, Fla. JOHN RAOUX/THE ASSOCIATED PRESS

Halladay's Jays numbers

148

Roy Halladay's 148 wins as a Blue Jay sit second behind Dave Stieb.

ERA

3.43

Third in Jays history, just barely behind Stieb and Jimmy Key (tied at 3.42).

Innings pitched

2046.2

Third, behind Stieb and Jim Clancy

Strikeouts

1,495

Second, behind Stieb

WHIP

1.20

Tied for first with Key

Complete games

67

Third, behind Stieb and Clancy

Wins above replacement

51.9

First among all Jays, per Fangraphs.com.

TORSTAR NEWS SERVICE

Cornish never banked on Lou Marsh honour

2013 Lou Marsh award winner Jon Cornish THE CANADIAN PRESS

No one was more surprised by Jon Cornish capturing the 2013 Lou Marsh award as Canada's top athlete than the Calgary Stampeders running back himself.

Cornish narrowly defeated Milos Raonic, the first Canadian men's singles tennis player to achieve a top-10 world ranking, and Kaillie Humphries, who dominated the women's bobsled circuit this season, for the honour.

"I really didn't know anything was going on, I was just getting ready to go for a day of work," said Cornish, employed as a bank rep in Calgary during the off-season. "But then (Stampeders communications director) Jean Lefebvre called and informed me that I had been selected.... This was a nice little addition to my day."

And in a truly CFL moment, the 29-year-old Cornish spoke to reporters during a conference call while on a break at the bank Monday.

Cornish became just the third Canadian to win the CFL's outstanding player award after rushing for a 1,813 yards.

The native of New Westminster, B.C., also led the league with 2,157 yards from scrimmage and 14 TDs en route to being named the CFL's top Canadian.

He's the first Canadian to win the CFL's top player award since Ottawa Rough Riders tight end Tony Gabriel in 1978 and the first CFL player to claim the Lou Marsh since legendary Ottawa QB Russ Jackson in 1969. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Avoid wishful thinking today. Cosmic activity in areas of your chart that deal with self-deception could lead to silly mistakes. Reality is what it is. There is no need to embellish it or wish it were something different.

♉ Taurus
April 21 - May 21
Be careful what you say if someone asks for advice. Make sure what you tell them comes from your experience and is not something you picked up from an unreliable source.

♊ Gemini
May 22 - June 21
You seem to be getting through a lot of work, which is good. But you won't be able to keep up this pace. Think of ways you can ease back a little. You need to stay sharp, both mentally and physically.

♋ Cancer
June 22 - July 23
You don't lack for confidence or ideas but there is a danger today that you could mislead yourself about the true state of your affairs. Think positive by all means but don't let wishful thinking take a hold on you.

♌ Leo
July 24 - Aug. 23
Sit down and have a heart-to-heart talk with someone you care for. A lot has been said and done in recent days, and the time has come to clear the air. Be honest about your feelings.

♍ Virgo
Aug. 24 - Sept. 23
You are in a carefree mood and should cheer up loved ones who do not share your happy-go-lucky outlook. You can't change the world but you can make people smile.

♎ Libra
Sept. 24 - Oct. 23
Can you trust your senses? Most of the time. But today you would be wise to question what your eyes and ears tell you. Are you seeing and hearing what's really there?

♏ Scorpio
Oct. 24 - Nov. 22
Start something new. Yes, you have failed to follow through so many times in the past but this time will be different. What happened to all those big ideas you had? They're still there.

♐ Sagittarius
Nov. 23 - Dec. 21
Your mind may be bubbling with a dozen great ideas but if you try to follow them all, you will get nowhere fast. Decide what is the one aim that means the most to you then put your heart and soul into it.

♑ Capricorn
Dec. 22 - Jan. 20
Make sure you deal only with people who are original today. Some of their ideas may be a little way out for your more traditional tastes but no matter, they will encourage you to try a few creative tricks of your own.

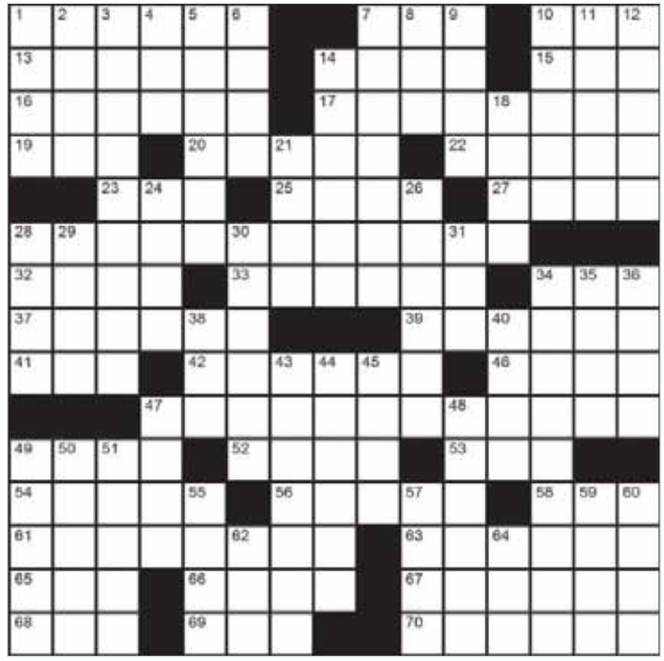
♒ Aquarius
Jan. 21 - Feb. 19
Bring your plans up to date. Sit down with a pen and paper, and write down your top three objectives. Then map out how you are going to get from where you are now to where you want to be.

♓ Pisces
Feb. 20 - March 20
If you are thinking of taking a trip, that's good, but keep your plans flexible. Last minute changes are more likely than not over the next 24 hours, so be prepared. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



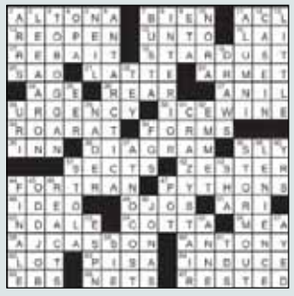
Across

1. Return to a place: 2 wds.
7. Wildebeest
10. Ferrell's festive flick
13. "The Middle" star Patricia
14. Pictured
15. Ms. Leoni
16. Use sticky stuff then decide to peel away from it
17. Valley on Vancouver Island; also, a beautiful sweater from there
19. Crop
20. Persist
22. An 'it'
23. Here: French
25. Associations [abbr.]
27. Pretends
28. Lake Manicouagan in Quebec is ring-shaped because it's a what from 215 million years ago?: 2 wds.
32. Car's need
33. Canadian author Mr. Choy
34. "__, _ don't." (Retort to "Yes, you do.")
37. "The ___ Know" by Collective Soul
39. Nice
41. Nav. designation
42. "Clever fellow!": 2 wds.
46. Has to pay
47. Leader of the Green Party of Canada: 2 wds.
49. Gumbo ingredient
52. Pre-midnight, __ _'clock
53. One: Spanish
54. De-crease
56. Repenters
58. Tea, in Tadoussac
61. English folklore hero: 2 wds.
63. Old Testament's Book of __
65. Disney deer
66. Latin hymn: "Dies __"
67. Aviators
68. Actor Mr. Shepard
69. No __ intended
70. __ identity

Down

1. Ra's al __ (Batman foe)
2. Prefix meaning 'Wine'
3. Kilt-wearing musicians
4. Nfld's ocean
5. Daytime talk host Katie
6. Human 'cap' site
7. Hannah __, Canadian singer
8. __ and improved
9. Division
10. Moral principle
11. Resembled the Tower of Pisa
12. Dracula costume must-haves
14. Move along quickly
18. Overdo, as steak
21. __-Cola
24. Ring up
26. Stuff with food
28. "Don't mind __ __ do." (That'd be great for us)
29. Subatomic particle
30. Dusky
31. WSW opposite
34. Mary, on December 25th, way back when: 2 wds.
35. Vitamins brand, __ _ Day
36. __-bitsy
38. Internet hookup letters
40. Mindy of "The Facts of Life"
43. Canada's men's Olympic hockey team GM, Steve __
44. "The Blue __" by Johann Strauss
45. Hautbois
47. Direction
48. Scrap
49. Chose
50. Sweden's money
51. House-selling company
55. Boat
57. Sporty whistle blowers
59. Present
60. Once, poetically
62. South American country, for short
64. __-Tac-Toe

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8						5	1	
1				9	4		7	
	9							
			3		8	4		
	5	3	6		7	1	8	
		6	9		2			
							5	
	6		8	3				1
	4	2						3

Yesterday's Sudoku

6	4	8	2	9	3	1	7	5
1	5	2	4	7	6	9	3	8
3	9	7	5	1	8	2	4	6
9	8	3	1	6	4	7	5	2
5	1	4	7	2	9	8	6	3
7	2	6	3	8	5	4	9	1
4	6	9	8	3	1	5	2	7
2	3	1	9	5	7	6	8	4
8	7	5	6	4	2	3	1	9

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